



## From Our Rector

I'm writing this after walking home from church and noticing how Fall is in the air – not quite with us, but on the way. Leaves have started to change, and soon we shall see gorgeous autumnal colors around our neighborhoods and the church.

I have always enjoyed the Sundays in September when we have focused on 'Seasons of Creation'. Diane always does a wonderful job of highlighting this season around our walls, offering prayers, photos, displays in line with our themes. This year, it was earth, humanity, sky and mountains, finishing with St Francis' Day and the special blessing of a part of creation, our pets.



Rev. Canon Dr. Helen Van Koevering

I've known since I first visited St Raphael that we are a community that loves the environment, our grounds and Tobit's Trace. Clearly, ours is a church that has been lovingly cared for for decades, and is as beautiful on the outside as inside! But I have learnt something new recently. Maybe you have noticed that we now have some solar panels on our church roof? These are not just an investment for a future return, but an investment having returns today. Chris Young asked our vestry recently about the benefit of our solar panels. Apparently, we are saving \$48 per month on our electric bill, saving 4,319lb CO2 emissions, and have planted the equivalent of 32 trees since we installed the 5 panels! Well done, St Raphaels, for going one step further in care for the creation around us!

A new step forward in caring for the next generation has been in the start up of the Children's Chapel during the 11am service. The intention is to introduce our children to our Episcopal services in their words and with their leadership – all ages can join in, share readings, have fun, sing some lively choruses – and I am so grateful for the enthusiasm of those adults alongside them: Janis, Diane, Becky, Chris & Tim.

And I cannot sign off without mentioning the wonderful new choir that Clif has been drawing together in September! We are blessed to have his leadership and skill to lead the music of our worship forward. Clif has many ideas for beautiful music as we move into Fall, and especially into Advent and Christmas. Please take a look at our planned dates listed in our Sunday Bulletin in church, and be sure to mark your calendars! We missed some special services last year due to covid restrictions, and we shall be making up for it this year!

See you all soon!  
Helen

## Senior Warden's Corner

### Pentecost and Pumpkin Spice



Dave Sevigny  
Sr. Warden

October is generally my favorite month. I'm usually excited to welcome a break in hot weather, look forward to wearing a sweater again, and of course, embrace the somewhat humorous never ending pumpkin spice flavored everything. Growing up in rural NY, October was always awesome. Apple harvest was in full swing and the crisp cool mornings provided dozens of pop up of local stands selling bushels of apples and great raw cider. October signaled a final pull from the garden before the first big frost and in NY, and your garage provided ample cold storage to keep vegetables on the table for a few more months. We'd can tomatoes and make relishes and pickles with the final haul. We always had crates of butternut squash and apples around. Basically, we stored up some for the winter.

October finds us in the downhill stretch of the longest church season of Pentecost at St. Raphael's. Pentecost ends the church calendar and provides us ample time to harvest and store up for what the new church year has to offer-Advent and Christmas. You'll see some typical church activity over the next month. We begin with St. Francis Day and the traditional blessing of the animals the first Sunday of October and move into some stewardship sermons for our annual pledge campaign, and then wind up with Halloween with a brand new children's pageant you won't want to miss.

October ends with a punctuation mark with the Feast of All Saints the 1<sup>st</sup> of November.

Each of us plays a role in this church harvest. Some are the gatherers, some are the producers, some are servers and some are consumers. All those roles are filled with joy by you, our dedicated church family. Enjoy this month of October and please join us as much as you can in this harvest of great faith- at our own little piece of God's kingdom on Parkers Mill Rd.

Peace-  
Dave Sevigny  
Sr. Warden

## A View from the Pew

A Spirit-led encounter on the path to inner peace

I was beginning this month's piece but did not feel 100% comfortable with it, so I took a meditative prayer-walk this morning on a tree-lined path, acorns falling, squirrels squirreling, the last cicada still searching for a mate. Turned on the Ten Percent meditation app. Today's session was on dealing with stress, and showed how self-compassion and three easy statements, "This is how stress feels, Stress is part of life, May I feel ease," will help release the stranglehold of stress and free us to productive, fulfilling, mindful action.



Richard Dawahare

But before I got halfway through it, I ran into a neighbor walking her two poms. This woman had lost her son (mid-twenties) earlier this year and is still in deep grief. Most times I see her I offer an encouraging word, but you could see the pain and utter lack of peace, much less joy, that used to define her.

But today was different. Upon seeing her coming towards me I put on my smile and readied my encouragement, but as she neared, I noticed that she was sobbing uncontrollably. Her face wreaked with pain, red eyes, tears gushing, I'd never seen her like this. I stood for a second, and let her be, just looking to see what she wanted, or needed.

The Spirit then pushed me to go to her, put my right arm around her shoulders and speak whatever words of comfort, faith and encouragement that popped into my head. I spoke of heaven, and that her son joined my parents, brothers, countless loved ones and a host of angels in watching over us, guiding us to an eventual ETERNAL heavenly reunion, that I could never know what it's like for a parent to lose a child, BUT my mother did, she lost my three-year old brother in a horrible car accident when I was five. I am sure she grieved like this mother, and I tried to assure her that her time of grieving will come to an end, that she will find joy in his memories, comfort with the sure knowledge of an ETERNAL heavenly reunion, and a new purpose in life. I also told her that God wanted me to tell her that she deserved joy right now.

She said how good and kind her son was, that she misses him, and wished God had taken her instead, she just kept crying. But then she asked me to keep praying for her and her husband. She said she had faith, but I know that the pain a loving mother feels for the loss of a child is indescribable.

It's easy for well-wishers to swoop in and try and comfort them out of gut-wrenching pain and despair. But only the Spirit can bring relief and eventual joy. That is our prayer. So as Cheryl asked, I pray, and I ask you to pray. And not only for her, but for all, all the time.

Richard

# A Church Mouse in God's House



Literacy among mice is really low. So low that I have never worried about another mouse reading any of these letters that I write for you all each month. But, it happened: another mouse became literate, read some of my writing, and, well, let's just say that now she's having a bit of a crisis. I remember her growing up. She was care-free, living out a happy and peaceful existence. I was friends with her parents and nobody batted an eye when she started roaming the neighborhoods at night. It's a natural thing for many of us to do. In fact, I owe a lot of my own literacy and, dare I say 'wokeness' to many nights scurrying through distant pastures and conversing with all kinds of other mice and I think even a turtle once. Even after she came back and settled in everything seemed normal.

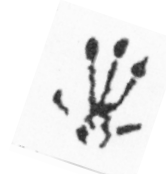
But then one day she started crying her little eyes out and having one of those "what does it all mean?" moments. While you humans seem to have such moments at least weekly, it's very rare for us mice. I tried to console her, but she just squeaked loudly at me, "It's all your fault!" Before I could even ask why I noticed a giant stack of Heralds surrounding her with my article chewed out of each one. I guess a Pulitzer Prize is out of the question now.

"I used to be happy!" she started in on me. "And now I'm aware of all these terrible things in the world - viruses, social media, racism, hatred, 'melty cheese,' global warming, disease, terrorism ... oh, I can't go on." I wrote about melty cheese? O.k., that's not the issue. The issue was that she didn't feel like she had ever done anything about any of this, or that she really could. That she had no purpose.

Honestly, it's tough to disagree. What is one mouse going to do in the face of all of these issues? But I couldn't tell her that. So I told her that just being aware was enough (which I know is really a cop out, but it's all I had). Maybe she bought it, maybe not. How about we hide this issue?

But is it better that she is aware? I really don't know. And what about you all? I once thought you were the masters of the world, each individually able to change the course of history. But really, most of the time you're not that much better at enacting change than we are. No wonder you're always having mental breakdowns like my mouse friend.

I'll give you one thing though: you're way better at organizing than we are. I mean for things like social justice. I notice that you're getting involved in BUILD again. I don't know if mice can join, but if we can, maybe reserve two spots? And if we go and you don't I'll only rub it in your face for about a year.



## Announcements

**October 3: St. Raphael Sunday. (Feast of St. Michael and all Angels) Join us for continental breakfast between the services. 9:30 - 10:45**

**October 3: Blessing of the Animals at 4 p.m.**

**Blessing of the Animals October 3 to Celebrate St. Francis Day**

Saint Francis of Assisi, born around 1181, was a Catholic friar, deacon, mystic, and preacher. Pope Gregory IX canonized Francis on 16 July 1228. He later became associated with patronage of animals and the natural environment, and it became customary for churches to hold ceremonies blessing animals on or near his feast day of 4 October. (Wikipedia)

Bring your pet(s) to St. Raphael's on Sunday, October 3, at 4 p.m. for our Blessing of the Animals service outdoors in the chapel near the columbarium. Please keep pets leashed or contained, especially if they may be inclined to interact with the other pets in an unruly way. Pets of all kinds are welcome, from goldfish, lizards, and hedgehogs to more typically blessed cats and dogs. If light rain, the service will continue as planned. Storms or heavy rain may require us to cancel.

**October 31: Children's Chapel Play The Children's Chapel class will be presenting a performance at the 11 a.m. service.** Performers will collect their accolades after the show in the form of candy and small treats by "trick or treating" at the pews. If you can please bring candy/treats for them.

**Please continue to support St. Raphael Episcopal Church.**

Introducing a new online giving portal in 2021 - Engage

To access Engage and setup your user account, please go to

<https://engage.suran.com/sreclex>

You can also access this page via the menu on our website at [sreclex.org](http://sreclex.org).

### FISHES AND LOAVES NEEDS YOUR HELP

FOOD PANTRY LOCATION:

2702 S. Lake Drive

Prestonsburg, Kentucky 41653

DONATIONS:

100% of your donation stays local. All donations are tax deductible. Please make checks payable to:

Fishes and Loaves Food Pantry

2702 S. Lake Drive

Prestonsburg, Kentucky 41653

A ministry of St. James Episcopal Church Episcopal Diocese of Lexington

### BUILD

Building a United Interfaith Lexington through Direct-action - Please mark your calendars & join St. Raphael's Justice Ministry by attending one of the two House Meetings scheduled September 20th & 22th, at 6:30pm. We'll discuss the serious issues impacting our community. Refreshments will be served. Contact Diane Whorley for more information. cell: 859-224-4762/diane.whorley@outlook.com

St. Raphael is one of 26 member congregations in the Lexington area that come together to do justice and powerfully address community problems.

## October Birthdays & Anniversaries

### October Birthdays

Maria Keney	10/1
Dick McNally	10/6
Walt Mates	10/10
Franklin Matics	10/11
Ellie Matics	10/13
Matt Formisano	10/16
Don Collier	10/19
Michelle Binkauskas	10/28
Lucy Mathews	10/31

### October Anniversaries

Gail & Don Miller	10/3
Bob & Janet Morris	10/9
Carole Mize	10/16
Amy & David Fowler	10/23
Heidi & Joseph Hayes	10/29

Please let us know if we missed a birthday or anniversary! We try to keep the records up to date, but if you've recently joined the parish, we want to celebrate your special days with you! So, let us know! Contact Dana Berry, ([danabruceberry@gmail.com](mailto:danabruceberry@gmail.com)) or the parish office.

### Prayer Requests:

Long term prayer list: Art, Jack, Hilda, Lee, Mary Jane, Roy, Joan, Martha Helen, Pat Dinsmore, Steve & Ginger, Rose, Sonya, Don & Gail, Sarah & Jeannie, Annette, and Neil & Janet.

Currently in need of prayer: Kenneth, Bob, Seth, Hendree, Alison, Dana, Chris, Patricia, Ron, Conor, Bill, Brad and family, Trudy, Amanda, Elizabeth, Don and Tommy.

Pray for the people of Afghanistan, the military, and all who are in harm's way.

Please keep in your prayers all who have fallen ill from Covid-19. Please stay safe and find ways to stay connected and express love for one another while following recommended health guidelines.



**Reminder:**

Articles and news information for November must be submitted by **Oct. 25, 2021** to Dana Berry at [danabruceberry@gmail.com](mailto:danabruceberry@gmail.com)

**Our Diocese News**

**Camp Indian Summer 2021 at Cathedral Domain for the adults**

Friday 1 OCT 6:00pm - Sunday 3 OCT 12:30pm

Sat brunch, Sat dinner & Sun brunch included. More info here.

**New Beginnings at the Cathedral Domain for youth grades 7 - 9**

October 15-17

Happening at the Cathedral Domain a Christian Experience for youth grades 10 - 12

November 12 - 14

Info and registration here: <https://www.cathedraldomain.org/>

**Services - Current Schedule**

**Sunday Services**

**In Person worship 8:30 & 11:00 (with music)**

**Virtual Worship on Facebook & You Tube**

**11:00 a.m. Rite II**

**Come early for coffee! We now have speakers to broadcast the service outside. Sitting outside will be an option for all indoor services. We have some new tables and chairs by the front entrance. If sitting outdoors you can take part in Communion.**

**Livestreams are available on demand afterwards and are posted on our website when available at <https://sreclex.org/virtual>**

**Each week the Wednesday Noon Healing Service will be published to the Facebook Page.**

**Compline services**

**Rev. Helen will lead on Sundays, Sister Becky Cooper and Rose Canon alternate Tuesdays, Erika Mayers and Diane Whorley will alternate on Fridays. Find the livestreams on our Facebook Page.**



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